



High Country Area Agency on Aging

Resource Directory

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey Counties



FEDERAL RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Administration for Community Living	Site contains a wide array of information on programs for older adults and persons with disabilities	Phone: 202.619.0724 Website: https://www.acl.gov/
Alzheimers.gov	This website provides current, comprehensive, unbiased source of information about Alzheimer's Disease.	Phone: 1.800.438.4380 Website: https://www.nia.nih.gov/health/alzheimers
Cancer Information Service	Provides the latest and most accurate cancer information to patients, their families, the public, and health professionals.	Phone: 1.800.422.6294 (1.800.4.CANCER) Website: https://www.cancer.gov/contact/contact-center
CFPB - Managing someone else's money	To help financial caregivers, the Consumer Financial Protection Bureau released easy-to-understand guides.	Website: https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/
Elder Justice	Find helpful resources to prevent and respond to elder abuse.	Website: https://www.elderjustice.gov
FDA for Older People	FDA has numerous articles, brochures and other publications with information for older people on a wide range of health issues, including arthritis, cancer, health fraud, and nutrition.	Phone: 1.888.INFO-FDA (1.888.463.6332) Website: https://www.fda.gov/ForConsumers/ByAudience/ucm062130.htm
GovBenefits.gov	This site is the official government benefits website. It is a free, confidential tool that helps individuals find government benefits they may be eligible to receive.	Website: https://www.benefits.gov/

Guide to Long Term Care for Veterans	The Guide provides information about long term care options - home and community based, and residential care.	Website: https://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp
Healthfinder	Healthfinder provides links to selected online publications, clearinghouses, databases, websites and support and self-help groups, as well as government agencies and nonprofit organizations for seniors and others.	Website: https://healthfinder.gov/
HUD	This site provides information related to housing options for seniors including information on HUD housing programs.	Website: https://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens
Medicare.gov	The Official U.S. Government Site for People with Medicare. Provides information regarding Medicare and helpful links.	Website: https://www.medicare.gov/
National Center on Caregiving	Provides support and helpful information for family caregivers.	Website: https://www.caregiver.org/national-center-caregiving
National Center for Elder Abuse	This site provides resources on elder abuse prevention, including information on reporting a suspected case of elder abuse.	Website: https://ncea.acl.gov/
National Institute on Aging	This site provides aging-related health information easily assessable for adults 60 and over.	Website: https://www.nia.nih.gov/health
Nursing Home Compare	The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country	Website: https://www.medicare.gov/nursinghomecompare/search.html?
Nutrition.gov	A federal resource that provides easy access to all online federal government information on nutrition.	Website: https://www.nutrition.gov
Rosalyn Carter Institute for Caregiving	Information for Caregivers and Educational Resources	Phone: 229.928.1234 Website: http://www.rosalynncarter.org/

Social Security Administration	The Social Security Administration toll-free number operates from 7AM to 7PM, Monday to Friday. Recorded information and services are available 24 hours a day. The website contains a wealth of information and resources including on-line databases and publications	Phone: 1.800.772.1213 Website: https://www.ssa.gov/
Supplemental Nutrition Assistance Program (SNAP)	This site provides information on the Supplemental Nutrition Assistance Program, including eligibility and application information.	Phone: 703.305.2286 Website: https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap
Dept of Veterans Affairs	Information on VA benefits and services.	Website: https://www.va.gov/

STATEWIDE RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Alzheimer's North Carolina	Provides Families with support through in-office, phone counseling, support groups, resource referrals, education and empowerments, and emergency respite assistance	Phone: 919.832.3732 Website: https://dementianc.org/
BCBSNC Institute for Health and Human Services	A database that allows you to search for resources, programs, and services that are available just in our region. Also provides a contact person and contact number for whichever service you need.	Phone: 828.262.7677 Website: https://ihhs.appstate.edu/director Y
Community Resource Finder	A database that allows you to search for programs, events, and resources statewide.	Website: https://www.communityresourcefinder.org/
Disability Rights of North Carolina	Advocates for the rights of people living with disabilities throughout North Carolina. They handle cases involving discrimination, abuse, and other rights violations.	Phone: 919.856.2195 Website: https://disabilityrightsncc.org/
First in Families of North Carolina	Helps individuals living with disabilities and their families with different forms of support such as computers, home furnishings or modifications, childcare or respite, or repairs to vehicles.	Phone: 919.251.8368 Website: http://fifnc.org/
Legal-Aid of North Carolina	Non-profit law firm that provides free legal services in civil matters to low income people to ensure equal access to justice.	Phone: 1.866.219.5262 Website: http://www.legalaidnc.org/
NC 211	A database that allows you to search for resources in your area- these resources include crisis intervention hotlines/helplines, crisis shelter, electric service payment assistance, food pantries, etc.	Phone: 919.834.5200 Website: https://www.nc211.org/

North Carolina Assistive Technology Program	Provides device demonstration, short-term device loans, and reutilization of assistive technology. NCATP promotes independence for people with disabilities through access to technology.	Phone: 919.855.3500 Website: https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program
North Carolina Baptist Aging Ministry	Assists individuals who are 65+ to help them maintain independence and enjoy quality of life.	Phone: 877.506.2226 Website: https://www.ncbam.org/
North Carolina Division of Aging and Adult Services (DAAS)	Provides information on services that are available to you through the Division of Aging and Adult Services and how to contact providers in your region to get the help you need. Also has descriptions of certain programs that may apply to you.	Phone: 1.800.662.7030 Website: https://www.ncdhhs.gov/assistance/aging-and-adult-services
NC DAAS-Disability Services	Offers public webinars on dementia and Alzheimer's that provides useful information for those caring for persons with Dementia or Alzheimer's or the persons living with the disease.	Phone: 919.855.4800 Website: https://www.ncdhhs.gov/assistance/disability-services
NC DAAS- Elderly Housing Locator	List of independent housing options for North Carolina Seniors.	Phone: 919.855.3419 Website: https://www.ncdhhs.gov/assistance/adult-services/elder-housing-locator
NC Division of Veterans Affairs	Assists veterans with claims, employment, benefits, housing assistance and more.	Phone: 844.624.8387 Website: https://www.milvets.nc.gov/

NC Housing Search	A database that allows you to search for rental housing and resources pertaining to housing in North Carolina.	<p>Phone: 1.877.428.8844</p> <p>Website: http://www.nchousingsearch.org/index.html </p>
NC Low Income Energy Assistance Program	Provides a one-time vendor payment to help eligible households pay their heating bills. Only applies to households containing an elderly person age 60 and above or a disabled person receiving services only through the Division of Aging and Adult Services are eligible to potentially receive benefits from 12/1-12/31.	<p>Phone: 919.334.1018</p> <p>Website: https://www2.ncdhhs.gov/dss/energy/ </p>
NC Services for the Blind	Assists individuals who are blind, deaf-blind and visually impaired to find or keep a job or return to work and reach goals of independence.	<p>Phone: 919.527.6700</p> <p>Website: https://www.ncdhhs.gov/divisions/dsb </p>
NC Services for the Deaf and Hard of Hearing	Works to ensure that all Deaf, Hard of Hearing, or Deaf-Blind North Carolinians can communicate their needs and to receive information easily and effectively in all aspects of their lives, especially their health and well-being.	<p>Phone: 919-527-6930 (Voice/TTY) 919.890.0859 (Videophone)</p> <p>Website: https://www.ncdhhs.gov/divisions/dsdhh </p>
NCSU Cooperative Extension- More food in my basket	Helps reduce hunger by connect North Carolina residents to the Supplemental Nutrition Assistance Program (SNAP)- formerly called Food Stamps.	<p>Phone: 855.240.1451</p> <p>Website: https://www.morefood.org/our-programs/more-in-my-basket/ </p>

NC Works	Helps individuals find jobs in North Carolina, creating a resume, education and training and unemployment information.	Website: https://www.ncworks.gov/vosnet/Default.aspx
Project Care	Helps caregivers of individuals with Alzheimer's/Dementia with resources, respite care, and home safety plus more	Contact Person: Karen Phoenix Phone Number: 828.485.4267 Website: www.wpcog.org
Senior Law Project	Free legal help with housing, consumer rights, benefits, elder abuse and other civil matters. The Senior Legal Helpline provides advice, brief service, as well as referrals to a staff attorney with the senior law project.	Senior Legal Helpline Phone Number: 1-877-579-7562 Hours: 9 a.m.-11 a.m. 1 p.m.-3 p.m. (M-F) Website: http://www.legalaidnc.org/about-us/projects/senior-law-project
Teepa Snow	Offers public webinars on dementia and Alzheimer's that provides useful information for those caring for persons with Dementia or Alzheimer's or the persons living with the disease.	Phone: 877.877.1671 Website: https://teepasnow.com/



HIGH COUNTRY AREA AGENCY ON AGING

ABOUT US

The High Country Area Agency on Aging is dedicated to improving the lives of older adults, family caregivers and people with disabilities by providing support, education, advocacy and choices throughout their continuum of care. Our region of focus includes the seven northwestern counties of North Carolina, commonly referred to as the High Country. These counties include Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey.

Family Caregiver Support Program	<ul style="list-style-type: none"> ❖ In Home Assessments ❖ Case Management ❖ Education ❖ Respite Services ❖ Information and Assistance ❖ Support Groups 	Amber Chapman Email: achapman@regiond.org Phone: 828.265.5434 ext. 113
Health Promotion Programs	<ul style="list-style-type: none"> ❖ Fall Prevention Programs ❖ Balance Programs ❖ Healthy Aging Programs 	Amber Chapman Email: achapman@regiond.org Phone: 828.265.5434 ext. 113
Lifespan Respite	<ul style="list-style-type: none"> ❖ Respite Vouchers 	Pat Guarnieri Email: pguarnieri@regiond.org Phone: 828.265.5434 ext. 139
Long Term Care Ombudsman	<ul style="list-style-type: none"> ❖ Advocates for residents' rights in Long-Term Care Facilities 	Stevie John Email: sjohn@regiond.org Phone: 828.265.5434 ext. 126
Compliance Officer	<ul style="list-style-type: none"> ❖ Monitors providers for our region. 	Tim Price Email: tprice@regiond.org Phone: 828.265.5434 ext. 140
Any Further Questions?		Director, Nicole Hiegl Email: nhiegl@regiond.org Phone: 828.265.5434 ext. 122

ALLEGHANY COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
Alleghany in Motion	Transportation Assistance for medical and dental purposes. Medicaid covers the trip but they also offer rural general public raters	Contact Person: Tiffany Boyer Phone Number: 336.372.8747 Website: https://alleghanycounty-nc.gov/public_transportation.php
Alleghany CARES	Medication assistance program, educational scholarships, community needs, adult dental program, and more.	Contact Person: Vickie Scott Phone: 336.372.5959 Website: http://alleghanycares.com/Home.php
Alleghany Health Department	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	Phone Number: 336.372.5641 Website: https://www.apphealthcare.com/
ASU/Blue Cross Institute for Health and Human Services	Provides audiologic and speech-language assessments and treatments.	Phone Number: 828.262.7677 Website: https://ihhs.appstate.edu/about-ihhs/community-resources/asu-institute-health-and-human-services-community-outreach-division
Blue Ridge Opportunity Commission	Emergency Financial Assistance, electric fuel assistance, home improvement Eligibility: Must be below federal poverty line.	Contact Person: Stacy Hawks Phone Number: 336.372.7284 Website: http://brocinc.com/html/emergency_assistance.html

Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Contact Person: Shane Atwood Phone Number: 336.372.1445 Email: Shane.atwood@alleghany.nc.gov
Daymark Recover Services	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services. Note: Accepts Medicaid, Medicare, Insurance based on copay's	Contact Person: Sharon Wilcox Phone Number: 336.667.5151 Website: http://www.daymarkrecovery.org/
High Country United Way	Community-based organization that develops human and financial resources to improve the quality of life of those in our region. Eligibility: People of all ages.	Contact Person: Linda Slade Phone Number: 828.265.2111 Email: info@highcountryunitedway.org Website: https://www.highcountryunitedway.org/
Hunger and Health Coalition	Offers a variety of food assistance programs to those in need. Also distributes firewood, clothing, books, snacks and food.	Contact Person: Elizabeth Young Phone Number: 828.262.1628 Email: director@hungerandhealthcoalition.com Website: https://www.hungerandhealthcoalition.com/contact-us
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 828.264.6683 Website: http://www.nwrha.com/about

On Track Financial Education and Counseling	Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection. Note: Individual counseling appointments are free (excluding bankruptcy)	Contact Person: Celeste Collins Phone Number: 828.255.5166 Website: https://ontrackwnc.org/
Pisgah Legal Services	Provides free civil legal aid to very low-income people.	Contact: James A. Barrett Phone: 828.253.0406 Website: https://www.pisgahlegal.org/free-legal-services/
SOCIAL SERVICES		
Department of Social Services	Assistance in locating needed health services; placement services, and guardianship.	Phone: 336.372.1445 Website: https://alleganycounty-nc.gov/social_services.php
SENIOR CENTER		
Alleghany Council on Aging	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 336.372.4640 Website: https://www.facebook.com/spartaSeniorcenter/
HOME HEALTH AGENCIES		
Medi Home Health and Hospice	Skilled Nurses, Speech, Occupational and Physical Therapy, Home Health Aides. Medicare/Medicaid certified.	Phone: 336.372.8018
Generations Home Health Agency	Personal care, medication management, in-home aide.	Phone: 336.372.1755
Living Waters Home Care	In-home aide, medication management, companionship	Phone: 336.372.5150

ASHE COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
Ashe Blue Ridge Opportunity Commission	<p>Clothing and household vouchers, one electricity and fuel assistance per 12 months, weatherization, and Heating appliance repair and replacement.</p> <p>Eligibility: Must be below federal poverty guidelines.</p>	<p>Contact Person: Stacy Howell Phone: 828.336.384.4543 Email: brocashe@gmail.com</p> <p>Website: http://www.brocinc.com/html/emergency_assistance.html</p>
Ashe County Free Medical Clinic	Health and wellness for those who are medically uninsured.	<p>Phone: 336.846.4649</p> <p>Website: https://www.nafcclinics.org/content/ashe-county-free-medical-clinic</p>
Ashe County Health Dept.	Dental Health, WIC, Nutritional Counseling, Health Check. Primary care for diagnosis and treatment of diabetic patients. Community health promotion programs	<p>Phone: 336.246.9449</p> <p>Website: https://www.apphealthcare.com/clinical-services/</p>
Ashe County Sharing Center	Offers cooking and canning workshops, food pantries, outreach for older adults as well as children.	<p>Phone: 336.846.7019</p> <p>Website: http://www.ashesharingcenter.net/home.html</p>
Ashe Outreach	Food Pantry, community meals, mobile meals, Out Grow Hunger and more.	<p>Phone: 336.385.3663</p> <p>Website: http://www.buzzfile.com/business/Ashe-Outreach-Ministries,-Inc.-336-385-3663</p>
Blue Mountain Center	Psychotherapy, grief and loss counseling, stress reduction, emotional management, and more.	<p>Phone: 828.265.1455</p> <p>Website: http://bluemountaincenternc.com/</p>
Blue Ridge Opportunity Commission (BROC)	Home delivered meals, congregate meals, home weatherization, and emergency assistance	<p>Phone: 336.667.7174</p> <p>Website: http://brocinc.com/index.html</p>

Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet	Food and clothing to those in need; by appointment only	Phone: 336.838.5847 Website: https://www.findpeace.today/outreach.html
Christian Outreach Center / First Baptist Church of Boone	Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents Note: Some income guidelines required	Phone: 828.264.2441 Website: http://www.boonefirstbaptist.org/missions.php
Community Care Clinic	Provides health care to low-income persons in our community who do not have health insurance. General medicine, lab testing, nursing, mental health counseling, chiropractic, neurology, PT, and orthopedics.	Phone Number: 828.2656.8491 Website: http://www.ccclinic.org/
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone: 336.246.2461 Website: https://asheaging.com/docs/brochures/2012Updated/CAP-DA%20BROCHURE%20080811.p df
Daymark Recovery Services	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services. Note: Accepts Medicaid, Medicare, Insurance based on copay's	Phone: 336.246.4542 Website: https://www.daymarkrecovery.or g/locations/ashe-center
Health Check-Ashe County	Transportation Services, WIC, making doctor's appointments, finding a doctor, finding a dentist.	Contact Person: Heather Cox Phone: 336.246.9449 Website: http://www.apphealthcare.com/A she/Index.php
Hunger and Health Coalition	Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more Note: Must provide proof of income/paycheck	Phone: 828.262.1628 Website: https://www.hungerandhealthcoa lition.com/
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 336.667.8979 Website: http://www.nwrha.com/regional- offices/wilkes-county-field-office

Ashe County Habitat for Humanity	Builds safe, affordable, decent housing for those in need. Eligibility: Must be below the federal poverty line.	Phone: 336.846.2525 Website: http://ashehabitat.org/
SOCIAL SERVICES		
Department of Social Services	In-home aide, placement services, services for the blind, medical transportation, food and nutrition services, and general assistance	Phone: 336.846.5719 Website: http://www.ashecountygov.com/
Social Services Low Income Energy Assistance Program and Crisis Intervention	Waiver for installation of materials such as ceiling, wall and floor insulation, community solar, caulking and weather stripping. Also, can install more energy efficient refrigerator, mechanical ventilations fans, and more. Note: Must be at or below 200% of the federal poverty level.	Phone: 336.846.5719 Website: http://www.ashecountygov.com/
SENIOR CENTER		
Ashe Services for Aging, Inc. (ASA)	Evidence based health promotion programs, In Home Aide Level I & II, Home Delivered Meals, and Congregate Meals, Respite care, transportation and SHIP Counseling. Also provides an intergenerational day care program that includes adult day care. Can provide fuel/heat assistance in the winter. Also provides home care for private pay individuals including CAP, VA, LTC, etc.	Phone: 336.246.4347 Website: https://asheaging.com/

HOME HEALTH AGENCIES		
Ashe Home Care Inc.	In-home aide, respite care, Savvy Seniors, every day task assistance.	Phone: 336.846.1345 Website: http://ashehomecareinc.com/services/
Caldwell Hospice	Hospice and palliative care services provided wherever patients call home, regardless of ability to pay.	Contact Person: Carrie Brown Phone: 828.754.0101 Email: cbrown@caldwellhospice.org Website: http://www.caldwellhospice.org

Medi Home Health and Hospice	<p>Skilled Nurses, Speech, Physical and Occupational Therapy.</p> <p>Note: Medicaid and Medicare approved</p>	<p>Phone: 336.246.9023</p> <p>Website: http://www.msa-corp.com/companies/medihomehealthhospice.aspx </p>
Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization	<p>Phone: 336.846.4898</p> <p>Website: https://asheaging.com/docs/brochures/volunteer-brochure-2017.pdf </p>

AVERY COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
Appalachian Healthcare Project	Provides healthcare for low income, uninsured residents in this county.	<p>Contact Person: Sally Morgan Phone Number: 828.737.7725</p> <p>Website: https://apprhs.org/community/</p>
Avery County Health Department	Adult Health, dental public health and food assistance, child health, family planning	<p>Phone Number: 828.733.6031</p> <p>Website: http://www.toeriverhealth.org/</p>
Avery County Habitat for Humanity	Housing for low income families, mortgage payment assistance	<p>Phone Number: 828.733.1909</p> <p>Website: http://www.averycofh.org/</p>
Cannon Memorial Hospital Finance Assistance Program	Reduces cost of medical care, including specialty care for low income and uninsured patient. Note: Requires ER visit first	<p>Contact Person: Elizabeth Hoyt Phone Number: 864.898.1149</p> <p>Website: https://apprhs.org/cannon/</p>
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<p>Phone Number: 828.733.6031</p> <p>Website: http://www.toeriverhealth.org/CAP.asp</p>
Daymark Recover Services	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services. Note: Accepts Medicaid, Medicare, Insurance based on copay's	<p>Phone Number: 828.733.5889</p> <p>Website: https://www.daymarkrecovery.org/locations/avery-center</p>
Feeding Avery Families	Free boxed food, some clothing and other items available. Note: Must meet income criteria	<p>Phone Number: 828.260.5389</p> <p>Website: http://www.feedingaveryfamilies.org/</p>

High Country Community Health	Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.	Phone Number: Medical- 828.737.0221 Dental-828.737.0221 Website: http://www.highcountrycommunityhealth.com/contact-us
Hunger and Health Coalition	Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more Note: Must provide proof of income/paycheck	Phone Number: 828.262.1628 Website: https://www.hungerandhealthcoalition.com/
MANNA Food Bank	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	Phone Number: 828.299.3663 Website: https://www.mannafoodbank.org/agency/reaching-avery-ministry/
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 828.264.6683 Website: http://www.nwrha.com/
On Track Financial Education and Counseling	Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection. Note: Individual counseling appointments are free (excluding bankruptcy)	Contact Person: Celeste Collins Phone Number: 828.255.5166 Website: https://ontrackwnc.org/
Pisgah Legal Services	Provides free civil legal aid to very low-income people.	Contact: James A. Barrett Phone: 828.253.0406
Reaching Avery Ministries	Can refer individuals to local charities and non-profit organizations. Programs can offer free or inexpensive clothing, utility cooling or heating bill help, help with rent and/or mortgage assistance as well as foreclosure prevention advice.	Phone Number: 828.733.5127 Website: https://www.ramsrack.com/
Williams YMCA of Avery County	Chronic disease prevention and management, evidence-based and other health promotion programs	Phone Number: 828.737.5500 Website: http://ymcaavery.org/
SOCIAL SERVICES		
Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	Phone: 828.733.8230 Website: http://www.averydss.com/

SENIOR CENTER		
Avery County Senior Center	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.733.8220 Website: http://www.averycountync.gov/departments/senior_services.php
HOME HEALTH AGENCIES		
Kindred at Home	CAP/DA, Personal Care Services, Respite, Sitter Note: Accepts Medicaid, please call about private insurance.	Carolyn Holland Phone Number: 828.898.6000 Website: https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064
Pruitt Home Health	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	Phone Number: 828.733.1550 Website: http://www.pruitthealth.com/
Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization	Phone Number: 336.846.4898 Website: https://ihhs.appstate.edu/about-ihhs/community-resources/senior-companion-program

MITCHELL COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
Ave Maria Ministries	Food pantry: Wednesdays from 1-4pm	Phone: 828.765.2224 Website: https://www.mannafoodbank.org/agency/ave-maria-ministries/
Bakersville Baptist Church	Food pantry: 1-2 distributions per month	Phone: 828-688.4817 Website: https://wakespace.lib.wfu.edu/handle/10339/36564
Bear Creek Baptist Church	Provides appropriate snacks for nursing home patients and shut-ins	Phone: 828.688.4331 Website: http://www.bearcreekbaptist.com/
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone: 828.765.5677 Website: https://www.hospiceblueridge.com/cap
Grassy Creek Baptist Church	Food pantry: as needed; church hours are Monday through Friday 9am-3pm	Phone: 828.765-4620 Website: http://www.grassycreekbc.org/
MANNA Food Bank	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	Phone: 828.299.3663 Website: https://www.mannafoodbank.org/
Mitchell County Habitat for Humanity	Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.	Phone: 828.766.9000 https://www.mitchellyanceyhabitat.org/Home

Mitchell County Health Department	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support	Phone: 828.688.2371 Website: http://www.toeriverhealth.org/Mitchell.asp
Mitchell County Shepherd's Staff Food Pantry	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm	Phone: 828.765.5385 Website: https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/
Mitchell County Transportation	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work	Phone: 828.688.4715 Website: https://www.mitchellcounty.org/departments/transportation/
Mitchell Yancey United Methodist Church Food Pantry	Food pantry: 2 nd and 4 th Saturday of each month, 10-11:30am	Phone: 828.385.1131 Website: http://www.umc.org/find-a-church/church/32976
Mountain Community Health Partnership	Offers preventative and medical care, patient assistance programs, behavioral health, care management, and more.	Phone: 828.688.2104 (Bakersville, Spruce Pine) 828.675.4166 (Celo) Website: https://www.mchp.care/index.html
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 828.688.3744 Website: http://www.nwrha.com/regional-offices/mitchell-county-field-office
Service Center for Latinos	Food pantry: Call for Distribution Hours Se Habla Español	Phone: 828.385.2309 Website: http://www.toeriverhealth.org/yanceyserviceproviderdiretory.pdf
The Bridge Church of Western NC	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays	Phone: 828.765.2969 Website: http://www.tbcwnc.org/

W.A.M.Y. Community Action	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level)	Phone: 800.571.9269 https://wamycommunityaction.org/
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SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	Phone: 828.688.2175 Website: https://www.mitchellcounty.org/departments/social-services/
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SENIOR CENTER

Mitchell County Senior Center	Evidence based health promotion programs, In Home Aide Level I, Congregate and home delivered meals, transportation.	Phone: 828.688.3019 Website: https://www.mitchellcounty.org/departments/senior-center/
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HOME HEALTH AGENCIES

Carolina Home Care Specialists	Personal care assistance, home management, medication and diet compliance, shopping and companionship Note: Accepts Medicaid, private pay, and private insurance – no wait list	Phone: 828.765.4343 Website: https://www.manta.com/c/mb5xs_v1/carolina-home-care-specialists
Pruitt Home Health	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	Phone Number: 770.279.6200 Website: http://www.pruitthealth.com/

WATAUGA COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
American Legion Post 131 and Disabled American Veterans	Offers transportation to the VA in Johnson City or Asheville, provides free professional assistance to veterans in obtaining benefits and services earned through military services	Phone Number: 423.727.1955 Website: http://www.davmembersportal.org/chapters/nc/90/default.aspx
Alliance Bible Fellowship	Food pantry open daily 8am-4pm Note: Individuals can participate once a month with no income limits.	Phone Number: 828.264.8312 Website: http://abfboone.com/
Appalcart Bus System	Public transportation system that offers paratransit transportation and reasonable modifications	Phone Number: 828.297.1300 Website: www.appalcart.com
Casting Bread Ministries	Food pantry 10:30am-3 pm on Wednesdays & Thursdays Soup Kitchen: 11:30am-1pm Wednesdays & Thursdays	Phone Number: 828.295.8333 Website: http://www.faithbridgeumc.org/casting-bread-food-pantry.html
Community Care Clinic	Free clinic providing medical care, lab testing, chiropractic, and mental health counseling for low income persons without health insurance.	Phone Number: 828.265.8591 Website: www.ccclinic.org
Cannon Memorial Hospital Finance Assistance Program	Reduces cost of medical care, including specialty care for low income and uninsured patient. Note: Requires ER visit first	Contact Person: Elizabeth Hoyt Phone Number: 864.898.1149 Website: http://www.anmedhealthcannon.org/patient-visitor/financial-assistance/
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone Number: 828.733.6031 Website: http://www.wataugacounty.org/App_Pages/Dept/Aging/cap.aspx

Daymark Recover Services	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's</p>	<p>Phone Number: 828.733.5889</p> <p>https://www.daymarkrecovery.org/locations/avery-center</p>
First Baptist Church	<p>First Friday monthly senior lunch at 11:30 a.m. Weekly food distribution Mondays 2 p.m. to 6 p.m.</p> <p>Note: Must show proof of income</p>	<p>Phone Number: 828.264.2441</p> <p>http://www.boonefirstbaptist.org/</p>
Greenway Baptist Church	<p>Food Pantry: 10:00 a.m. – 2:30 p.m. on Thursdays.</p>	<p>Phone Number: 828.264.7750</p> <p>https://www.greenwaybaptist.com/</p>
High Country Community Health	<p>Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.</p>	<p>Phone Number: Medical- 828.262.3886 Dental-828.406.1925</p> <p>Website: http://www.highcountrycommunityhealth.com/contact-us</p>
Hospitality House (Boone)	<p>Bread of Life Meal Daily: Breakfast: 6:30 a.m. Lunch: 11:30 a.m.-1 p.m. Dinner: 5:30 p.m. – 6 p.m.</p>	<p>Phone Number: 828.264.1237</p> <p>Website: https://www.hospouse.org/</p>
Hunger and Health Coalition	<p>Boone Food Pantries and Nutrition Screenings: M-F 8:30-4:30</p> <p>Generic medication assistance for those without Medicare D.</p> <p>Note: Must be 200% below federal poverty level</p>	<p>Phone Number: 828.262.1628</p> <p>Website: https://www.hungerandhealthcoalition.com/</p>
Northwestern Regional Housing Authority	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance</p>	<p>Phone: 828.264.6683</p> <p>Website: http://www.nwrha.com/</p>
On Track Financial Education and Counseling	<p>Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection.</p>	<p>Contact Person: Celeste Collins Phone Number: 828.255.5166 Website: https://ontrackwnc.org/</p>

	Note: Individual counseling appointments are free (excluding bankruptcy)	
Resort Area Ministries	Provides mission work projects like painting, simple carpentry, repair jobs on porches, decks, steps or interior and more.	Contact Person: Mary Silver Phone Number: 828.264.6605 Website: https://ihhs.appstate.edu/about-ihhs/community-resources/resort-area-ministries
Pisgah Legal Services	Provides free civil legal aid to very low-income people.	Contact: James A. Barrett Phone: 828.253.0406 Website: https://www.pisgahlegal.org/pro-bono-legal-services/
Watauga County Health Department	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	Phone Number: 828.264.4995 Website: https://www.apphealthcare.com/
Watauga County Veterans Services Office	Can assist with loans, burial allowances, hospitalization, and service-connected compensation.	Contact Person: April Goodman Phone Number: 828.265.8065 Website: http://www.wataugacounty.org/App_Pages/Dept/Vets/home.aspx
WAMY	Weatherization assistance, heating appliance repair and replacement programs to low income families to permanently reduce energy bills.	Phone Number: 800.571.9269 Website: https://wamycommunityaction.org/
Watauga County Project on Aging	Provides respite for the caregiver and other tasks/duties to assist the older adult throughout the day.	Phone Number: 828.265.8090 Website: http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx
SOCIAL SERVICES		
Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	Phone: 828.265.8100 Website: http://www.wataugacounty.org/
SENIOR CENTER		

Lois E. Harrill Senior Center (Boone)	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.265.8090 Website: http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx
Western Watauga Community Center (Cove Creek)	Activities for older adults, evidence-based health promotion programs, congregate meals, home delivered meals, and transportation.	Phone Number :828.297.5195 Website: http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx
HOME HEALTH AGENCIES		
Appalachian Home Care	In-home aide Note: Accepts Medicaid, Private Pay, and Private Insurance	Phone Number: 828.963.8233 Website: www.appalachianhomecare.com
Bayada Nurses Home Care Specialists	Accepts Medicaid, Private Pay, and Private Insurance	Phone Number: 336.846.4898 Website: https://www.bayada.com/
Kindred at Home	CAP/DA, Personal Care Services, home health, safe strides fall prevention Accepts Medicaid- please call for private pay	Phone Number: 828.266.1166 Website: https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064

WILKES COUNTY RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
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ASSISTANCE		
Alzheimer's Association – Western Chapter	Information and resources for those living with or caring for someone with Alzheimer's or other dementias	Phone: 828.514.3124 https://www.alz.org/help-support
Appalachian State / Blue Cross NC Institute for Health & Human Services	Provide audiological and speech-language assessments and treatment	Phone: 828.262.7677 https://ihhs.appstate.edu/
Blue Ridge Opportunity Commission (BROC)	Home delivered meals, congregate meals, home weatherization, and emergency assistance	Phone: 336.667.7174 http://brocinc.com/index.html
Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet	Food and clothing to those in need; by appointment only	Phone: 336.838.5847 https://www.findpeace.today/outreach.html
Care Connection Pharmacy	Provides prescription assistance drug programs to low-income residents of Wilkes County	Phone: 336.667.3259 https://wilkesregional.com/services/support_services/care_connection_pharmacy.aspx
Christian Outreach Center / First Baptist Church of Boone	Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents Note: Some income guidelines required	Phone: 828.264.2441 http://www.boonefirstbaptist.org/missions.php
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone: 828.733.6031
Daymark Recovery Services	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services. Note: Accepts Medicaid, Medicare, Insurance based on copay's	Phone: 336.667.5151 https://www.daymarkrecovery.org/locations/wilkes-center

Hunger and Health Coalition	Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more Note: Must provide proof of income/paycheck	Phone: 828.262.1628 https://www.hungerandhealthcoalition.com/
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 336.667.8979 http://www.nwrha.com/regional-offices/wilkes-county-field-office
Wilkes Center for the Deaf and Hard of Hearing	Assistance with devices and communication	Phone: 336.651.7822 http://wilkesfaithhealth.weebly.com/
Wilkes County Health Department	Annual physical exams, diabetes counseling, lab services, nutrition counseling, recommended screenings, and sick visits	Phone: 336.651.7450 https://wilkescounty.net/292/Well-Sick-Care
Wilkes Faith Health	Offers assistance with food, clothing, housing, energy assistance, and other needs.	Phone: 336.715.7922 Website
Wilkes Family YMCA	Chronic disease prevention and management, evidence-based and other health promotion programs	Phone: 336.838.3991 https://ymcanwnc.org/locations/wilkes-family-ymca/
Wilkes Habitat for Humanity	Housing for low income families, mortgage payment assistance	Phone: 336.838.3044 http://wilkeshabitat.org/
Wilkes Ministry of Hope	Food bank, baby closet, woodshed and other outreach ministries	Phone: 336.903.1414 https://www.brushymountain.com/adults
SOCIAL SERVICES		
Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	Phone: 336.651.7400 https://www.wilkescounty.net/284/Adult-Services
SENIOR CENTER		

Wilkes Senior Resources	Evidence based health promotion programs, In Home Aide Level I & II, respite care, transportation and SHIP Counseling.	Phone: 336.667.5281 http://www.wilkessenioressources.com/
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HOME HEALTH AGENCIES		
Bayada Nurses	Broad spectrum of nursing, rehabilitation, therapeutic, and assistive home health care	Phone: 336.526.1952 https://www.bayada.com/_public/ClientServices/ClientInquiry?specialtyname=Assistive%20Care&zip=28607
Kindred at Home	CAP/DA, Personal Care Services, Respite, Sitter, Home Health, Cardiopulmonary Support, Safe Strides falls prevention Note: Accepts Medicaid, please call about private insurance.	Phone: 336.667.3389 https://www.kindredhealthcare.com/locations/home-health/wilkesboro-nc-5065
Lifespan, Inc.	Adult day care, alternative family living, developmental therapy, OT and PT therapy, respite care, personal care, personal assistance, case management	Phone: 336.852.1495 https://www.lifespanservices.org/day-programs/wilkes-county-creative-campus-wilkesboro/
Ruby Pardue Blackburn Adult Day Health	Care and supervision during the day, therapy services, respite care	Phone: 336.667.2541 https://wilkesadultdaycare.org/
Pruitt Home Health and Hospice	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	Phone Number: 336.368.0220 Website: http://www.pruittthealth.com/
Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization	Phone: 336.846.4898

Westwood Hills Nursing and Rehabilitation	Respite, rehabilitation, and long-term care Note: Accepts Medicare/Medicaid, VA, Private Insurance, and Private Pay	Phone: 336.667.9261 http://www.westwoodhillscare.co m/
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YANCEY COUNTY RESOURCE DIRECTORY

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
ASSISTANCE		
Blue Ridge Medical Center- Yancey Campus	Accepts uninsured, underinsured, insurance, Medicare and Medicaid	Phone Number: 828.682.0200 Website: https://missionhealth.org/members-hospitals/blue-ridge/medical-center-yancey/
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older. Note: Must be eligible for Medicaid	Phone: 828.682.7967 Website: http://www.toeriverhealth.org/CAP.asp
Charity House Mission	Food Pantry: Monday-Friday 8:30 a.m. – 5 p.m. Saturday 8:30 a.m. – 2 p.m.	Contact Person: Jewell Huskins Phone Number: 828.678.0726 Website: http://www.toeriverhealth.org/CAP.asp
First Baptist Church- Burnsville	Offers home repair and assistive devices	Contact Person: Martha Huskins Phone Number: 828.682.2288 Website: http://fbcburnsville.com/
Cry of Child Missions Int'l	Food pantry: 2 nd and 4 th Saturday of each month	Phone: 828.68.5481
Grassy Creek Baptist Church	Food pantry: as needed; church hours are Monday through Friday 9am-3pm	Phone: 828.765-4620 Website: http://www.grassycreekbc.org/

MANNA Food Bank	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	Phone: 828.299.3663 Website: https://www.mannafoodbank.org/
Mitchell-Yancey County Habitat for Humanity	Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.	Phone: 828.766.9000 Website: https://www.mitchellyanceyhabitat.org/Home
To River Health Department	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support	Phone: 828.688.2371 Website: http://www.toeriverhealth.org/Mitchell.asp
Mitchell County Shepherd's Staff Food Pantry	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm	Phone: 828.765.5385 Website: https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/
Yancey County Transportation	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work	Phone: 828.682.6144 Website: https://yanceycountync.gov/departments/transportation-authority
Mitchell Yancey United Methodist Church Food Pantry	Food pantry: 2 nd and 4 th Saturday of each month, 10-11:30am	Phone: 828.385.1131 Website: https://blueridgechristiannews.com/archives/news/2014/Food_Pantry_12-14.html

Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	Phone: 828.688.3744 Website: http://www.nwrha.com/regional-offices/mitchell-county-field-office
Service Center for Latinos	Food pantry: Call for Distribution Hours Se Habla Español	Phone: 828.385.2309
The Bridge Church of Western NC	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays	Phone: 828.765.2969 Website: http://www.tbcwnc.org/
W.A.M.Y. Community Action	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level)	Phone: 800.571.9269 Website: https://wamycommunityaction.org/
SOCIAL SERVICES		
Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	Phone: 828.688.2175 Website: https://yanceycountync.gov/departments/social-services
Social Services Low Income Energy Assistance Program	Offers heating and cooling assistance for households who have some who is age sixty years and older or those receiving assistance through the division of aging.	Phone: 828.688.2175 Website: https://yanceycountync.gov/departments/social-services
SENIOR CENTER		
Yancey County Senior Center	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.682.6011 Website: http://www.main.nc.us/yancey/ycsc.htm

HOME HEALTH AGENCIES

Carolina Home Care Specialists	Personal care assistance, home management, medication and diet compliance, shopping and companionship Note: Accepts Medicaid, private pay, and private insurance – no wait list	Phone: 828.765.4343
Pruitt Home Health	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	Phone Number: 828.682.7825 Website: http://www.pruitthealth.com/